

## **Tkach, Colleen**

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**From:** Inform  
**Subject:** EM: TFH Operational Hours - Thanksgiving Week 2024

**From:** 'Deborah Gisvold'

Hello Scripps Community,

Please find the operational hours for TFH over the upcoming Thanksgiving holiday week. We hope you find time to relax and rejuvenate as we enter the holiday season and the remaining weeks of the semester!

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### **Thanksgiving Break Week: Nov. 25-Dec. 1, 2024**

#### **Building Hours\*:**

Monday & Tuesday: 7:00 a.m. – 10:00 p.m.  
Wednesday: 7:00 a.m. – 12:00 p.m.  
Thursday – Sunday: Closed

**\*There are Scripps Only Hours daily in the building from 3:00pm to 7:00pm.**

#### **Scripps Pool Hours\***

Monday & Tuesday: 7:30 a.m. – 9:00 a.m., 11:30 a.m. – 1:00 p.m., 3:00 p.m. – 6:30 p.m.  
Wednesday – Sunday: Closed

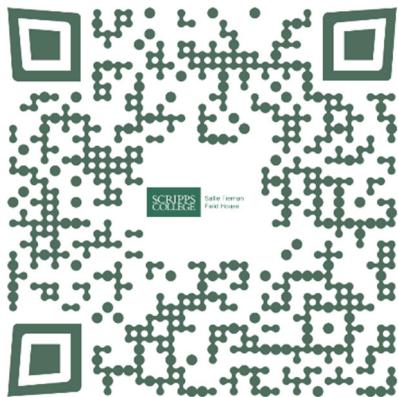
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#### **Facility Access Levels**

**Building and Pool:** Students, Faculty and Staff from the Claremont Consortia, Alumna, Guests, and Household Members are welcome.

**Memberships or Day Passes are Required:** Scripps Alumna, Pitzer, Pomona, Keck Graduate Institute or Claremont Graduate University, and Household Members of Scripps, Claremont McKenna and Harvey Mudd. Group Fitness passes are also available with a membership purchase.

**Guests:** Scripps, Claremont McKenna, and Harvey Mudd students, faculty and staff may bring a guest with a guest fee, ranging from free to \$10 per visit.



Use the [\*\*TFH Portal\*\*](#) for Memberships, Group Fitness classes, Health and Wellness programs, Facility Requests and Bike Registration: [wellness.scrippscollege.edu](http://wellness.scrippscollege.edu)

**For More Information Contact TFH:**

**Phone: 909-607-8810 or Website: <http://inside.scrippscollege.edu/fieldhouse/>**

Deborah A. Gisvold, M.Ed.

Assistant Dean

Director of Tiernan Field House

Pronouns: She/Her/Hers

909-607-8810

Schedule a Meeting with me via Zoom or Phone using this link: <https://calendly.com/dgisvold>

*For more information about support and resources at Scripps visit [CARE@SCRIPPS](mailto:CARE@SCRIPPS). If you are currently experiencing a psychologically distressing moment, you can reach a therapist 24/7 via 909-621-8202 or [7C Health](#) to access online therapy support.*



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